



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

Detailed evaluation

Rita Schmidt

Total time: 28:06

Number: 22

Speed: 8.54 km/h

Course: 0.35 km/Lap

Running performance: 6:10 min/km

Halbstundenlauf

Laps: 13 (4.55 km)

Category:

Rank in course/Women: 8 (of 13)

Seniorinnen W50 (50-54) H

Rank in category: 1(of 1)

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.35	1:57	5:34	1	-	6	0:33	0.35	1:57	5:34	1	-	6	0:33
Lap 2	0.35	2:04	5:54	1	-	8	0:40	0.70	4:01	5:44	1	-	6	1:13
Lap 3	0.35	2:04	5:54	1	-	8	0:39	1.05	6:05	5:47	1	-	7	1:52
Lap 4	0.35	2:06	6:00	1	-	7	0:37	1.40	8:11	5:50	1	-	7	2:29
Lap 5	0.35	2:08	6:05	1	-	7	0:37	1.75	10:19	5:53	1	-	7	3:06
Lap 6	0.35	2:11	6:14	1	-	7	0:39	2.10	12:30	5:57	1	-	7	3:45
Lap 7	0.35	2:13	6:20	1	-	7	0:41	2.45	14:43	6:00	1	-	7	4:26
Lap 8	0.35	2:11	6:14	1	-	7	0:39	2.80	16:54	6:02	1	-	7	5:05
Lap 9	0.35	2:13	6:20	1	-	7	0:41	3.15	19:07	6:04	1	-	7	5:46
Lap 10	0.35	2:14	6:22	1	-	7	0:41	3.50	21:21	6:06	1	-	7	6:27
Lap 11	0.35	2:14	6:22	1	-	7	0:39	3.85	23:35	6:07	1	-	7	7:06
Lap 12	0.35	2:15	6:25	1	-	9	0:54	4.20	25:50	6:09	1	-	7	7:49
Lap 13	0.35	2:16	6:28	1	-	8	0:50	4.55	28:06	6:10	1	-	8	8:34